

supposed that the sale of large quantities of these secret medicines was due to their use by ignorant physicians who had graduated from low-grade medical schools. Careful observation has convinced me of the error of this view. Some years ago, I read in a cyclopediac work on one of the specialties an elaborate article by one of my hospital colleagues, in which "A———" was suggested in the treatment of a certain disease. I saw recently a letter written by a professor in a great University Medical School, in which he advised that a patient, whom I had referred to him, be given "P———." Not very long ago, I heard a metropolitan professor of surgery discant on the value of "H———;" and about a year since one of my patients told me that she had been advised to take "M———," by a hospital physician of Philadelphia. These facts suffice to show that intelligent physicians, and even teachers, have been led into the illegitimate practice of treating patients with remedies of whose composition they are ignorant.

It is clearly improper for a doctor to prescribe a certain remedy for a patient, when he does not know, and is not permitted to find out, the character and the amount of the powerful drugs it contains. It is also, in my opinion, detrimental to professional integrity for medical journals, conducted under professional auspices, to accept advertisements of pharmaceutical products of secret composition.

Both of these questions have been vigorously discussed in medical circles during recent years. As to the first proposition there can be but one answer, which is that a doctor has no right to use a powerful therapeutic weapon, unless he knows its possibilities for good and evil. These possibilities he cannot know unless he is able to learn how much acetanilid, strychnin, arsenic, mercury or other active ingredient it contains. The propriety of medical journals, published by doctors, increasing the dangerous use of these secret remedies by accepting their advertisements cannot be successfully maintained. In a discussion among some officers of a medical journal, a distinguished professor of medicine once said: "Other journals take them, why shouldn't our journal?" The reply to this query is: "Some doctors accept commissions for steering patients to operating specialists, why not we also?" If the vice of prescribing medicines of unknown composition is to be rooted out, honest doctors must jointly repudiate any such illicit combination with commercial journalism, and individually refuse to prescribe remedies of whose composition they are kept in ignorance.

The remedy for the evil lies in the development of a feeling of individual responsibility in the medical faculty. Let every doctor refuse to accept samples of secret medicines, refuse to waste time talking therapeutics with smooth-tongued salesmen, refuse to debase medical science by believing the mendacious advertisements called by the trade "literature," and treat his patients honestly by giving them, what they pay for, the best result of his own knowledge and experience.—John B. Roberts, Philadelphia. Pres. Add., 29th Annual Meeting Am. Acad. Med.

SECOND ANNUAL REPORT OF TUBERCULOSIS COMMITTEE OF THE MEDICAL SOCIETY OF THE STATE OF CALIFORNIA FOR THE YEAR 1904-5.

At the last meeting of the Medical Society of the State of California, the Tuberculosis Committee recommended that the work of the committee be continued for the following purposes:

1. To keep in touch with similar work done in other localities.
2. To institute educational measures.
3. To secure the adoption of anti-expectoration laws.

4. To secure the proper disinfection of railway coaches.

5. To secure the establishment of a state sanatorium for the treatment of the tuberculous poor.

The committee was continued, and instructed to endeavor to carry out its recommendations, and to-day we wish to present to you our second report and the results of our labors.

We note with pride and satisfaction that the interest in the prevention of tuberculosis is everywhere growing. People are awakening to the fact that tuberculosis is a communicable, preventable and curable disease, and they are demanding its prevention and cure. Scarcely is there a civilized nation in the world to-day that does not have its organization for the prevention of the "great white plague." Kings, presidents, people of all stations in life are uniting against this common foe. Tuberculosis can and must be suppressed.

Fortunately, there is no difference of opinion as to the measures which are necessary to prevent this disease. Of course individuals differ as to what measures are most important; but, whether in the frozen north of Norway, Sweden and Finland, or in the sunny climes of southern Europe and our own Southland, the same preventive measures are found necessary, and when properly applied, efficient. These measures are:

1. Education of the people as to the nature of the disease.
2. Destruction of bacillus bearing discharges (especially sputa).
3. Elevation of the plane of living of the poor (better food and more attention to the laws of hygiene and sanitation).
4. Aid for those afflicted such as can be offered in: (a) Dispensaries; (b) sanatoria, for favorable cases; (c) colonies for convalescents; (d) hospitals for incurables.

There is no question but that tuberculosis could be stamped out in a generation, if these measures were adopted generally. In Prussia, where preventive measures have been most diligently applied, it is estimated that at the present rate of decrease, tuberculosis will be extinct in 1927.

The United States has been somewhat slower than most other nations in taking up this problem, but we record with pride the great interest which is now awakening. We now have a representative national organization for the Study and Prevention of Tuberculosis, which will hold its first annual meeting in Washington, May 17th and 18th of this year. There are 41 associations for the prevention of tuberculosis in the United States, 32 special dispensaries for treatment, about 100 sanatoria, hospitals and general hospitals which admit tuberculous patients, affording accommodations for about 8,000 patients; 15 hospitals for the insane, with special provision for the tuberculous, and 7 prisons with special provision for the same.

This is but the beginning, yet a very good start it is. The State Sanatorium movement is progressing with great rapidity. No less than 20 states are now wrestling with this problem. In Massachusetts, a State Sanatorium has been in existence since 1898. Last year New York's state institution at Raybrook was opened. Rhode Island will begin to receive patients at Pascoag this year. The Tuberculosis Committee of the State Medical Society of Illinois has opened a tent colony. New Jersey has made sufficient appropriation for the erection and equipment of an institution at Glen Gardner. Pennsylvania's legislature has just made appropriation for the erection of two institutions in that state. Minnesota and Ohio both have sites secured and partial appropriations for the erection of the buildings. Iowa's legislature last year appropriated \$1,000.00 to be expended by the State Board of Control in investigating the desirability of a State Sanatorium. In Vermont, New Hampshire, Maryland, Georgia and Wisconsin there are commis-

sions which have been appointed by the Governor to report on the desirability of a State Sanatorium, and in Indiana, Illinois, Kansas, Kentucky and Louisiana attempts are being made to awaken the public to the necessity of such institutions. The work in our own state we shall deal with later in this report.

In the way of education, your committee endeavored to form local anti-tuberculosis leagues, but owing to the lack of co-operation, were compelled to give the matter up for the present. However, we are glad to announce that we have succeeded in interesting some influential people in San Francisco in the work, and hope soon to have a lively organization started.

The disinfection of coaches was taken up with the chief surgeons of the Santa Fe and Southern Pacific Companies, and we were informed that careful disinfection of coaches is being carried out.

With the result of our efforts to secure the establishment of a State Sanatorium, you are doubtless all familiar. We secured the passage of a bill through the legislature, but it died in the hands of the Governor. Your committee does not want to take too much credit for the work which secured the passage of this bill, but wishes to recognize the valiant services rendered by other organizations, especially the California Club and the Merchants' Association of San Francisco. At first, the California Club and your committee were working independently, but when it was found that our ideas were similar, we joined forces and worked in perfect harmony.

The bill was drafted by your committee and the attorney of the California Club. It contained what we believed to be the best features of the bills establishing similar institutions in some of the Eastern states, and some things which our own experience suggested to be of value. Upon the whole, we believe the bill was good, and had Governor Pardee seen fit to give it his signature, we believe it would have given California an institution of which she could be proud.

After the bill had been drawn and placed in the hands of the senator whom we had chosen to introduce it, your committee received word that the governor was absolutely opposed to the measure; and unless he could be moved from the position which he had assumed, it was useless to push the measure through the legislature. Two members of your committee, accompanied by Dr. F. C. E. Mattison of Pasadena, went to Sacramento and held a conference with the governor, but were unable to move him. He admitted the necessity of such an institution, but would not consent to its being established at the present time. He, however, agreed to allow a small appropriation for educational purposes. We went away disappointed, but feeling that we had started a movement which would ultimately bring the sanatorium.

Returning via San Francisco, we met by appointment the board of directors of the Merchants' Association, and laid the matter before them. They said that such a meritorious measure should be pushed through, and proffered their assistance. We next met a committee from the California Club. They, too, were in favor of pushing the measure, believing that the fact that such an institution was so badly needed, and the fact that it was so generally demanded, would have great weight with the governor, if the measure were passed up to him.

Through the untiring efforts of these two organizations, together with what assistance we could give, the bill passed the senate without a dissenting vote, and the assembly with only 6 votes recorded against it. The rest you know. The measure died for want of the governor's signature.

While we did not secure this much-needed institution for our state, we did not fail. The matter is simply postponed. Those who demanded it this time will continue to do so. They will interest others, and when the legislature meets again, this matter will

once more be taken up, and we trust that California will then make provision for her tuberculous poor.

We would recommend that the work of this committee be continued, and that its efforts be directed toward the dissemination of the truths regarding this disease and the measures for its prevention, and that it continue its efforts for the establishment of the State Sanatorium for the tuberculous poor.

F. M. POTTENGER,
GEORGE H. EVANS,
GEORGE L. COLE,
JOHN C. KING,
E. VON ADELUNG,
Committee.

DISCUSSION.

Dr. George H. Evans, San Francisco—The management of tuberculosis probably presents more interest to the community to-day than does any other phase of medicine, and whether viewed from the medical, humanitarian, sociologic or economic standpoint, it is holding a prominent place in the arena of the world's activities, and is demanding attention from physician, philanthropist, sociologist and politician. It has ceased to be merely a medical question; it is no more a problem to be dealt with locally alone, for by the universal devastation of its ravages, and the recognition of the fact that this devastation is avoidable, it is insistently knocking at the doors of legislative halls throughout this and other countries, and demanding that measures of prevention be enacted whereby this scourge may be eliminated. The King of England recently, in an address, very tersely remarked: "Tuberculosis is a preventable disease; if preventable, why not prevent it?" And those interested in this subject are asking this question to-day, everywhere that tuberculosis is prevalent. These preventive measures have reached their most potent effects in the development of sanatoria, practical training schools in hygiene and sanitary living, and since 1859, when Brehmer of Görbersdorf, Germany, established the first sanatorium for this purpose, the movement has become more and more popular, as the advantages of this method have been made apparent, until now all civilized countries have such institutions established. Dr. Pottenger has elaborated the economic features of the sanatorium in previous papers before this Society, and has shown as thoroughly as figures can show, the saving that would accrue to the state, by investment in sanatoria. These figures are not in any way overdrawn, as anyone knows who has given much thought to the socialistic and economic sides of this problem; but I believe that probably the most practical illustration of this truth is in the fact that during the last year the German insurance companies invested over \$1,000,000.00 in sanatoria for consumptives, and spent almost another million in maintenance. Philanthropy is not the structure upon which the principles of life insurance companies are founded, and it is only because they have learned that it is a good business principle to cure their policy holders who become tuberculous that they have expended these large sums of money. It is then from an economic standpoint that we must appeal to our legislators to enact laws providing for the establishment of State Sanatoria.

There is a work, however, which is so closely associated with the sanatorium idea that it must be considered part of it. I refer to the tuberculosis dispensary. Believing as we do that tuberculosis is probably the most curable of the chronic diseases when recognized in its incipency, it is deplorable to contemplate the enormous sacrifice in life among the working classes because the true meaning of the incipient symptoms is not recognized until this early stage is past. The persistent cough, the loss in weight, and the slight febrile reaction go unheeded, or what is probably worse, the "patent medicine" bottle is resorted to, and thus by stimulation the deluded individual allows the disease to progress until

such time as the evidences of gross lesions of tuberculosis mark all too plainly an advanced stage. A dispensary in every populous community would provide a means whereby these people could receive early treatment, and what is much more important than medical treatment, could receive instruction in hygienic living, and could have this practically demonstrated to them by a corps of attendants, trained for this purpose, where those who were unable to secure a proper amount of nourishment could have the same supplied to them, and thus the dispensary would lighten the burden of the sanatorium, and eventually make it unnecessary, for I believe that such preventive measures can and will eradicate this disease from the face of the globe. All of this cannot be accomplished, however, until the public and the medical profession are more keenly alive to the possibilities in this direction. You all probably know that the Tuberculosis Committee worked hard this year to secure legislation providing for a State Sanatorium, but you probably do not know that only a minority of the County Medical Societies passed resolutions urging this legislation, and they were all requested to do so. This statement is not intended in a spirit of criticism, but merely to call attention to the fact that the importance of this subject is not sufficiently realized by our own profession. Let us therefore enter more enthusiastically into this great work. Let us, by means of popular lectures, by contributions to the secular press, and by other literature, bring this subject prominently before the people. Let us interest those in influential positions to help us in the formation of anti-tuberculosis societies, and provide means for the maintenance of dispensaries for the treatment and education of the ambulatory tuberculous poor. Let us create a popular demand in every city for a hospital for incurable patients. Let us, in the interests of a large proportion of the inmates of our orphan asylums, placed there because this disease was not recognized in their parents in time; in the interests of a large number of the criminals in our state penitentiaries, placed there because disease breeds vice, in the interests of our taxpayers who support these institutions, in the interests of ourselves and our own families, let us prosecute these preventive measures, which will cause this scourge to disappear from our midst.

COUNTY SOCIETIES.

Marin County.

The monthly meeting of the Marin County Medical Society was held May 6, 1905. The question was discussed as to what action should be taken by a number of medical societies in the matter of consultation with contract or lodge physicians.

It was resolved that no member of the medical society should consult with a lodge physician.

On the arrival of a new physician to this county, a communication will be sent to him in regard to the matter so that he may know the requirements for admission into the County Medical Society and also the California State Medical Society.

WILLIAM J. WICKMAN, Secretary.

Kern County.

At the last regular meeting of the Kern County Medical Society, which was held June 19th, the officers for the ensuing year were elected as follows: Dr. F. J. Crease, President; Dr. H. W. Owen, Vice-president; Dr. W. S. Fowler, Secretary and Treasurer.

Amendments to the constitution and by-laws were offered making any duly licensed physician "who does not practice or support any exclusive system of medicine" eligible to membership.

Dr. Kellogg presented clinically a very interesting case of resection of the humerus in an old man, which

was made the subject of an X-ray demonstration by Dr. Carson.

Dr. H. G. Crease was admitted to the roll of membership which now includes nearly all the physicians of Bakersfield and Kern City.

The next meeting will be held on the third Monday in July, and an entertaining program is being arranged.

W. S. FOWLER, Secretary.

Ventura County.

The second quarterly meeting of the Ventura County Medical Society was held on June 19th at the residence, in Ventura, of Dr. T. E. Cunnane, vice-president of the Society.

Dr. Cunnane was the orator of the evening, his subject being, "Eclampsia." Having had a large personal experience with this very serious affection, Dr. Cunnane was enabled to give the subject an unusually complete exposition. He recited at length his own treatment of the disease, which accorded with the practice generally in vogue at present.

President Livingston opened the discussion, and was followed by the members, resulting in an interchange of views and personal experiences. At the conclusion, the Society voted thanks to Dr. Cunnane for his very able address.

The members then repaired to the banquet provided and presided over by the genial hostess, Mrs. Cunnane, the dainty viands being much relished.

The meeting was voted a success.

CHARLES TEUBNER, Secretary.

Santa Barbara County.

The Santa Barbara County Medical Society held its regular meeting at the Arlington Hotel, June 19, 1905. It was called to order by the president, Dr. Wm. H. Flint. The following members were present: Drs. Anderson, Barry, Conrad, Cunnane, Dial, Flint, Newman and Sidebotham.

The paper of the evening was on "Valvular Lesions of the Heart," with illustrations of "Schott's Method" of treatment, by Dr. Barry. After devoting considerable time to the anatomy and vital statistics as shown by the reports of the California State Board of Health, the Doctor gave a detailed description of the Schott method as practiced by the originators at Nauheim. The treatment is purely mechanical, consisting of baths and passive exercise; the principle involved is "movements without design weaken the heart; movements with design strengthen it." It is not a system of gymnastics; it is the production of regulated movements with little exercise and no fatigue. He gave seven rules to be observed by the operator, viz.: (1) Each movement is to be performed slowly and evenly; (2) Each single and combined movement to be followed by an interval of rest; (3) No movement to be practiced twice in succession; (4) The movement should not accelerate action of heart or increase frequent breathing; (5) The appearance of any of above symptoms should be the signal for the suspension of the exercise; (6) Patient should be instructed to breathe regularly; (7) Constricting bands should be removed from all parts of the body.

The Doctor then presented a patient upon whom he demonstrated the method.

Dr. Robert Creese, of Santa Maria, was elected to membership.

W. B. CUNNANE, Secretary.

Santa Clara County.

At the regular stated meeting of the society, held in the parlors of the Bristol Hotel, San Jose, on the evening of the 21st of June, 1905, and attended by Doctors Harris, Lusson, McNary, Whiffen, Wright,